

2018 EEX Spring Club Championship I

(Closed Sanctioned Meet)

**Hosted by Eastern Express Swim Team
at The College of New Jersey**

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction #-NJS031618SCB Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	Friday, March 16th, Saturday March 17th, and Sunday, March 18th, 2018		
Location:	The College of New Jersey Aquatic Center, Packer Hall, 2000 Pennington Rd, Ewing NJ		
Invited Teams:	BAC, BB, BWTD, CCC, EEX, JFAC, MB, NJRC, PENN, PTAC, SCAR, STAC, SWAC, SWST, WW If the meet does not fill after the invited teams have sent in their entries, the meet host reserves the right to invite additional teams. Interested teams should e-mail the host team contact.		
Facility Info:	The competition pool is 8 lanes, 25 yards, with Omega timing. The starting blocks are equipped with handles and track start fins, and are located at the deep end of the competition course on the bulkhead. The depth at the starting blocks is 6.5 feet and the depth at the turn end is 4 feet. There is a separate 5 lane, 22 yard warm-down area located on the other side of the bulkhead.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Carl Nielsen		Cgnielsen@yahoo.com
Admin Officials:	Ellen Mace, and Jason Mace		besmarttinc@gmail.com
Safety Marshall:	Adam Schneider		schnei34@tcnj.edu
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately		
Entry Deadline:	Monday, March 12th, 2018, at Noon		
Swimmer Age	Swimmer ages for this meet is as of: March 16th, 2018		
Entry Fees:	Individual Entry: Timed Final Events:	\$7.00	Relays: \$20.00
	Prelim/ Final Events:	\$9.00	
	Distance:	\$12.00	
	There will be a \$15/ athlete surcharge for swimmers participating in the meet.		
Meet Course:	Short Course Yards (SCY)		



Meet Format:	<ul style="list-style-type: none"> • This meet will offer Open Events and 11/Over events. • The Open Events will be Prelims/Finals, except for the Open Distance and Relay Events, which are Timed Finals. All Open Events will be scored to 16 places. • For the Prelim Events that have more than 80 post-scratch swimmers, the 10 fastest heats will be seeded into the morning prelims, with all remaining swimmers to compete in a ‘flighted’ midday session. Swimmers competing in these flighted heats will be ineligible to make finals, as we will be closing the events 30 minutes after they are announced. At the discretion of the meet director, all swimmers in a particular event, might swim during the prelims session and be eligible for finals. • For finals, there will be an A-B-C & D heats for the 50 Free and the 100’s. All other events (200’s, 400 and 500) will have an A-B- & C heats. • In addition, there will be separate daily afternoon timed finals sessions. They events are labeled as 11/Over to distinguish them as Timed Finals; these events will not be scored. • There are <u>BASIC</u> minimum (“faster than”) time standards for most events in this meet. See the session information for details. • All relays will be timed finals and will swim in the evening finals session. • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. For Prelim Events check-in will be the night before and a heat sheet will be posted by 8:00pm showing the top ten heats in each event. • When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 	
Entry Limits:	Daily: 3 Individual Events for Prelims or 4 Individual Events for Timed Finals 2 Relays	Meet: 9 Individual Events 5 Relays
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	



2018 Spring Club Championship I

Friday, March 16th, 2018

Facility Opens at 7:45am

Friday Morning Session #1—Preliminaries

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#9	1:39.99	100 Breaststroke	1:39.99	#10
#11	2:59.99	200 Backstroke	2:59.99	#12
#13	34.99	50 Freestyle	34.99	#14
#15	6:19.00	500 Freestyle	6:19.00	#16
#17	2:59.99	200 IM	2:59.99	#18

** Fastest 10 heats will be seeded into this session and swimmers will be eligible to swim in finals.

Note 1: The 200 IM's will swim before the 500 Freestyles in Prelims.

Note 2: See details on 500 Freestyle/400 IM in prelims in the meet announcement.

Friday Midday Session #2—Overflow: Timed Finals

Events continue immediately after Prelims (if needed)

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
Overflow heats of morning session events #9-#18, in the same order as swum in the morning. Swimmers in these heats will <i>not</i> be eligible to swim in finals				

Friday Afternoon Session #3—11/Over Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	11/Over Event	Equal/Faster	Boys
#1	6:19.00	500 Freestyle	6:19.00	#2
#3	2:59.00	200 IM	2:59.00	#4
#5	2:39.00	200 Freestyle	2:39.00	#6
#7	5:39.00	400 IM	5:39.00	#8

Friday Evening Session #4—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
<i>Finals of events #9-#18, swum in numerical order</i>				
#19		800 Freestyle Relay		#20



2018 Spring Club Championship I

Saturday, March 17th, 2018

Facility Opens at 7:45am

Saturday Morning Session #5—Preliminaries

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#35	1:19.99	100 Freestyle	1:19.99	#36
#37	3:09.99	200 Breaststroke	3:09.99	#38
#39	1:29.99	100 Butterfly	1:29.99	#40
#41	5:39.99	400 IM	5:39.99	#42
#33	12:39.99	1000 Freestyle†	11:59.99	#34

** Fastest 10 heats will be seeded into this session and swimmers will be eligible to swim in finals.

† Timed finals. Fastest heat swims at night. There will be a 15 minute warm-up in the main pool before this event. Lanes will be available in the Diving Well (22yards) for warm-up throughout the meet.

Note: See details on 500 Freestyle/400 IM in prelims in the meet announcement

Saturday Midday Session #6—Overflow: Timed Finals

Events continue immediately after Prelims (if needed)

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
Overflow heats of morning session events #35-#42, in the same order as swum in the morning. Swimmers in these heats will <i>not</i> be eligible to swim in finals				

Saturday Afternoon Session #7—11 / Over Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	11 /Over Event	Equal/Faster	Boys
#21		50 Freestyle		#22
#23		50 Breaststroke		#24
#25		50 Backstroke		#26
#27		50 Butterfly		#28
#29		100 IM		#30

Saturday Evening Session #4—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#31		200 Medley Relay		#32
#33	12:39.99	1000 Freestyle†	11:59.99	#34
<i>Finals of events #35-#42, swum in numerical order</i>				
#43		400 Freestyle Relay		#44

† Fastest heat.



2018 Spring Club Championship I

Saturday, March 17th, 2018

Facility Opens at 7:45am

Sunday Morning Session #9—Preliminaries

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#55	2:39.99	200 Freestyle	2:39.99	#56
#59	1:29.99	100 Backstroke	1:29.99	#60
#63	2:59.99	200 Butterfly	2:59.99	#64
#57	21:29.00	1650 Freestyle†	19:59.00	#62

** Fastest 10 heats will be seeded into this session and swimmers will be eligible to swim in finals.

† Timed finals. Fastest heat swims at night. There will be a 15 minute warm-up in the main pool before this event. Lanes will be available in the Diving Well (22yards) for warm-up throughout the meet.

Note: There are no events #58 or #61.

Sunday Midday Session #10—Overflow: Timed Finals

Events continue immediately after Prelims (if needed)

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
Overflow heats of morning session events #55-#64, in the same order as swum in the morning. Swimmers in these heats will <i>not</i> be eligible to swim in finals				

Sunday Afternoon Session #11—11/Over Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	11/Over Event	Equal/Faster	Boys
#45	1:19.99	100 Freestyle	1:19.99	#46
#47	1:39.99	100 Breaststroke	1:39.99	#48
#49	1:29.99	100 Backstroke	1:29.99	#50
#51	1:29.99	100 Butterfly	1:29.99	#52

Sunday Evening Session #12—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#53		200 Freestyle Relay		#54
<i>Finals of events #55-#56 200 Freestyle</i>				
Fastest heat of #57 Women 1650 Freestyle				
<i>Finals of events #59-#60 100 Backstroke</i>				
Fastest heat of #62 Men 1650 Freestyle				
<i>Finals of events #63-#64 200 Butterfly</i>				
#65		400 Medley Relay		#66



Meet Schedule

Friday, March 16 th ,		Warm-up	Start
Facility Opens TBA			
Session 1	Preliminaries	TBA	TBA
Session 2	Overflow events		TBA**
Session 3	11/over events	TBA**	TBA**
Session 4	Finals	TBA**	6:00pm (approx.)**
Saturday, March 17 th ,		Warm-up	Start
Facility Opens at TBA			
Session 5	Preliminaries	TBA	TBA
Session 6	Overflow events		TBA**
Session 7	11/over events	TBA**	TBA**
Session 8	Finals	TBA**	6:00pm (approx.)**
Sunday, March 18 th ,		Warm-up	Start
Facility Opens at TBA			
Session 9	Preliminaries	TBA	TBA
Session 10	Overflow events		TBA**
Session 11	11/over events	TBA**	TBA**
Session 12	Finals	TBA**	6:00pm (approx.)**

**Session start times to be determined when all entries are received.

Scoring:	<ul style="list-style-type: none"> • Team scoring will be kept for All Open Events (Prelims/Finals + Distance=Relays) • No Scoring for Afternoon Timed Final Events • 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	<ul style="list-style-type: none"> • There will be custom medals for 1st, 2nd, and 3rd place finishers all open events; ribbons for 1-3 for all afternoon timed final events. • There will be plaques for the three teams with the highest combined scores, as well as one for the first place women's team and the first place men's. • There will be awards presentations between events during finals; a schedule will be published.
Starts:	<ul style="list-style-type: none"> • 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions. At the discretion of the referee, this may be changed and breaks added to the timeline, once a given session has been seeded.
Admissions and Programs:	<ul style="list-style-type: none"> • There will be a \$10/per day admission charge for spectators. • There will be a multi-day "all access" pass for \$25 for all sessions available on Friday. • Heat sheets will be available online at www.besmartinc.com and Meet Mobile
Concessions:	<ul style="list-style-type: none"> • None.
Vendor:	<ul style="list-style-type: none"> • Ultimate Swim Shop and NW Designs will be on site.
Entry Info:	<ul style="list-style-type: none"> • There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director • . Entries will be acknowledged within 48 hours of receipt. • All invited teams will be guaranteed entry into this meet, provided their entry conforms to the cut times, age restrictions, etc. • Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.



Entry Times:	<ul style="list-style-type: none"> • Proof-of-time is required for all Open Events • No proof-of-time is required for timed final events, however entries must have a seed time, no NT's will be accepted. • All entry times must be in short course yards. Converted times will not be permitted as proof of time into an Open Event, unless it is to validate a distance time in the 1000 or 1650. • No time updates will be accepted after March 12th, 2018 at 5:00pm.
500 Freestyle and 400 IM (in prelims)	<ul style="list-style-type: none"> • These events will swim fast to slow: <ul style="list-style-type: none"> – 3 fastest heats of Women, followed by 3 fastest heats of Men – The remainder of the heats will alternate genders • In the slow heats, genders may be combined if necessary without an empty lane .
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> • The 1000 and 1650 Freestyle events are timed finals. • They will be run fastest to slowest, alternating heats of women and men, with the top 8 swimmers in each event swimming at finals. • Swimmers must provide their own timers and counters. <p>Note that on Sunday evening, the 1650 heats of women's and men's mile will swim non-consecutively within the session—see the event table for details.</p>
Heat-Limited Events	<ul style="list-style-type: none"> • Preliminary sessions (#1, 5, & 9) will be limited to 10 heats/per gender/per event. • Remaining swimmers will be in a second session (#2, 6, & 10); they will not be eligible to qualify for finals in those events. • Every effort will be made to allow as many athletes to compete in these events as possible.
Relays:	<ul style="list-style-type: none"> • Relay scratches should be turned in during the FINALS warm-up. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • There are no limits on teams entering relays. All relays will swim during Finals.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet, except for the Saturday distance session. Since this is our first year for this new 3-Day Meet, Eastern Express MAY REQUEST additional volunteers from participating clubs. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmartinc.com no later than 1 week before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmartinc.com 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
Coaches Eligibility:	<ul style="list-style-type: none"> • All coaches "on the deck" must be currently registered coach members of USA Swimming. • Coaches must show coaching card for entrance to facility. • All coaches must have coaching cards visible at all times while on deck.



Officials:	<ul style="list-style-type: none"> Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. Current USA Swimming is required for all officials and the Meet Referee will check your cards. All officials must wear the standard white and blue uniform. Officials will be required to work the entire session and will receive free admission.
Meet Format Waiver:	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. The host club has the right to change the format of the meet. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> To allow more swimmers to swim. To conform to facility capacity limits or for facility safety concerns. To condense the meet into smaller time frame. Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
Warm-up Procedures:	<ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups may include general warm-up lanes, sprint lanes, and pace lanes. Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. All swimmers are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. All swimmers must enter the pool feet first from the starting end of the pool. New Jersey Swimming officials will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. 13 lanes: 8 in the competition pool, 5 in the diving well will be available for warm-up at all sessions. Depending on entries warm-ups may be one general warm-up followed by sprints/starts or multiple warm-ups assigned by teams. A complete warm-up schedule will be developed once entries have been received and processed. The schedule will be posted at www.besmarttinc.com and emailed to each team..
Check-In: VERY IMPORTANT PLEASE REVIEW CAREFULLY	<ul style="list-style-type: none"> <i>Scratches will be due the night before for swimmers in the prelim session the next morning.</i> <i>Deadlines: 6:00pm Thursday for Friday am; a 30 minutes after the start of finals on Friday and Saturday evenings.</i> Scratch sheets for afternoon events will be due 35 minutes before the session starts. All swimmers that are swimming must have a line through their name. Swimmers that are being scratched should have their names circled with “SCR” next to the circle. Swimmers scratching a single event should have a line through their name and the event number circled with “SCR” next to the circle. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
No Show Procedure for Prelims and Timed Finals:	<ul style="list-style-type: none"> No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event for preliminary sessions and timed finals events. However, the event will be counted toward the swimmer’s maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
Scratch Rule:	<ul style="list-style-type: none"> The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.



Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.com</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List “heat limited” events psych sheet. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file),
Results:	<ul style="list-style-type: none"> • Meet result files for TM will be emailed to all participating teams. • Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. “Tech suits” are not permitted at this meet for 12 & under swimmers. “Tech Suits” are defined, as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Hotels:	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way, 1.609.520.1200, • Staybridge Suites, 4375 Route 1, 1.609.951.0009 • Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast • Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast
Directions:	The College of New Jersey is off I-95S, Route 31S, Exit 4, take 31S (Pennington Road) to the entrance of the college. Please use lots 3, 4, or 5 for parking; they are to the right of the Pennington Road entrance to the college.





NEW JERSEY SWIMMING

2018 EEX Spring Club Championship I

Friday-Sunday, March 16th-18th



Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, The College of New Jersey, Eastern Express Swimming, Be Smartt Inc. and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the **Eastern Express Spring Club Championship I on March 16th to 18th, 2018** are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry:

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

Entry Fee Summary:	_____ Prelim /Final Individual event entries @ \$9.00 =	\$ _____
	_____ Timed Final individual event entries @ \$7.00 =	\$ _____
	_____ 1000/1650 Timed-Final individual event entries @ \$12.00 =	\$ _____
	_____ Relay event entries @ \$20.00 =	\$ _____
	_____ Surcharge/per swimmer @ \$15.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Express Sports Inc**